

## **House Staff Wellness Toolbox**



For Wellness apps, visit our [website](#).

### **Wellness**

Graduate Medical Education at the Medical College of Georgia (MCG) is committed to providing resources and techniques to ensure House Staff enrolled in MCG's training programs, are mentally and physically healthy and fit for training in the clinical learning environment. MCG provides an on campus assessment and counseling program for House Staff, Faculty, Employees, Graduate Students and immediate members of their family.

The Employee-Faculty Assistance Program focuses on problems of either a personal or a work-related nature. Assessments are provided and, where indicated, short-term therapy may be scheduled for up to six sessions at no cost to the employee/faculty. For persons/families requiring extended counseling or more specialized therapy, the program can arrange continuing care by an appropriate local practitioner or agency. In addition, EFAP staff are available to consult with supervisors on how to better recognize and work with employees who are experiencing difficulties of various kinds.

Some common reasons House Staff may see the EFAP Office are: stress management, depression, anxiety, burnout, family and relationship issues, communication difficulties, and career/academic concerns. Services are completely confidential, no EHR records.

For more information or for an appointment, please contact the Employee-Faculty Assistance Program at (706) 721-2599 (no referral needed).

### **Augusta University Well-Being Resources:**

#### **Nutrition and Health**

[Five Tips for Eating Healthy on a Budget](#) (from AMA Wire)  
[Healthy Eating](#) (from AU Health-Your Health Today Blog)  
[Healthy Recipes](#) (From AU Health-Your Health Today Blog)  
[AU Tobacco Cessation Program](#)  
[Eating Healthy on a Budget](#)  
[AU Open Paws Food Pantry](#)  
[Richmond & Columbia County Food Pantries](#)

#### **Social**

[Augusta Adventure & Activities Group](#)  
[Augusta Pride](#)  
[Volunteer Match](#)

[Maxwell Theatre](#)

## **Fitness**

[Augusta University Campus Recreation Center](#)

[Membership Information & Rates](#)

[Group Fitness Programs](#)

Augusta University- [Health Sciences Campus Walking Map](#)

[Wheel Movement for Safe Cycling](#)

[Work it Exercise Breaks Boost Fitness and Mood](#) (from AU Health-Your Health Today Blog)

[Yoga Resources & Videos](#)

[Walk Georgia](#)

[Family Y](#)

[Gold's Gym](#)

[Anytime Fitness](#)

## **Financial Health**

[Resident Information & Benefits](#)

[Financial Well-Being](#) (from USG Well-Being)

Individual Counseling Sessions (from [AU HR Benefits](#))

[TIAA-CREF Individual Counseling Sessions](#)

[Fidelity Individual Counseling Sessions](#)

[VALIC Individual Counseling Sessions](#)

[Money Mondays](#) (from USG Well-Being)

Readings

[Ways Residents Have Found to Conquer Burnout](#) (from AMA Wire)

[Three key tips for physicians in medical marriages to strengthen your connection with your partner as your career and relationship progress](#) (from AMA Wire)

## **Identifying Individuals At-Risk**

In the current health care environment, physicians are at increased risk for burnout and depression. Self-care is an important component of professionalism and is a skill that must be learned. The Graduate Medical Education Office encourages residents and faculty members to alert your Program Director, the GME Office, and/or other personnel when you are concerned that another resident, fellow, or faculty member may be displaying signs of burnout, depression, substance abuse, suicidal ideation, or potential for violence.

GME Office Phone Number: 706-721-7005 ext. 0

Georgia Crisis & Access Line at 1-800-715-4225

After-Hour Support Line at 833-910-3364 for immediate assistance.

National Suicide Prevention Lifeline: 1-800-273-TALK (8255) OR text HELLO to the Crisis Text Line at 741-741; Go the Emergency Room or Call 911.

Employee Faculty Assistance Program Office Phone Number: 706-721-2599

This four-minute video below advises medical students, residents, and fellows on how to support each other, express concern to peers, and encourage help-seeking behavior (on behalf of the ACGME, Mayo Clinic, and the American Foundation for Suicide Prevention)

<https://youtu.be/I9GRxF9qEBA>

**Free Self-Screening Tools**

[Mayo Well-being Index](#)

[Professional Quality of Life \(ProQol\) Self-Test](#)

[Life Stress Test](#)

**Spiritual**

[Pastoral Care](#)

[Greater Augusta Interfaith Coalition](#)

[Antidote Publication](#)

[SeroTONEins](#)